

ASPECTS OF PERSONALITY SELF-ACTUALIZATION IN THE CONTEXT OF LIFE QUALITY IN RELATION WITH SENSE OF HUMOR

Irina Strazdiņa, Dr.psych.,
Liepaja University, Latvia

Abstract

Diverse factors that determine life quality and aspects that higher or lower sense of life quality corresponding to the needs of individual are analyzed in the article. There is fortified necessity of appropriate self-nurturing corresponding to the most important competence of person, that includes the readiness of person for self-development and self-organization of own activities, acting, readiness to take responsibility for own life. Possibilities of personality self-actualization and meaning of sense of humor in the context of life quality.

Keywords: Quality of life, self - Improvement, Self-Actualization, Self – Realization, Legal capacity, Sense of Humor

Introduction

Self-actualization theories does not offer ready answers, does not ease solving of persons life problems, but put him in front of existential choice that includes two options:

1. either person acknowledges opportunity and actively works in sake of own life project realization and if he manages to realize it, he acknowledges himself as a personality, tries to escape from inner conflicts; external life obstacles are not anymore perceived as hindrances or hostile interference, they become an instruments and obstacles of his individual life
2. or a person does not acknowledge such opportunity, does not involve in realization of own life project; in this case his life vanishes in the senseless obstacles, becomes aimless.

Self-actualization does not mean nonexistence of problems; it is a movement from temporary and unreal problems to real problems and solving of them.

Person`s life quality is determined by his capacity to act, that is entirety of qualities, abilities and actions, that allow him to create appropriate life and self-realization model in the preferable direction. Life quality forms in daily life. Capacity to act is to be related with setting targets, making choices and practical acting. Characteristics of capacity to act are initiative, activity, taking risk, adaptation, innovation and ability to change, leading of action etc. Capacity to act is an active mechanism of life netting that connects knowledge with practice, resources with activity. Person`s ability to act is significantly influenced by education, social origin, upbringing, that changes during the life, and is influenced also by persons experience, self-confidence, reflection, sense of humor and willpower.

In the European culture more often as a happy person is perceived not one, that lives in poverty and due to lack of education is not aware about this, but an individual, who has set and reached considerably high targets in the fields of welfare, education, culture and social status.

On the way to educated society Latvia has a lot of to be done, the focused actions should be done, that would insure each society member with possibilities to develop

according to own interests and abilities, and they could use these interests and abilities in today's labor market, as well as to enable own life quality.

Sustainable development is oriented towards people, its aim is to improve their living obstacles. Persons life quality, inner harmony, education, economical and social comfort are the base values in our society.

I.

Purpose of research

- To clarify factors and aspects that form quality of life.
- To study socially psychological aspects of sense of humor in the context of personality self-actualization.
- To find out self-actualization and self-realization socially psychological aspects in the life quality context.

Wholesome living is an ancient question in philosophy, social thought and each individual's personal life, it rouses important existential and at the same time practical questions: what is a good life? How to reach it? How to link wishes with possibilities? How to build own life? These questions strive to unite in a single point of view various aspects and dimensions of life: daily trifles and meaning of life, concreteness of events and long-term strategies, material needs and mental aspirations, life temptations and real possibilities. (4; 7)

Life quality concept to the point addresses social and political self-feeling of the age. Although Latvia has become EU member, it still lags from European social standards. Too low population growth and lifespan indicators, weak health, emigration of labor force, low salaries and uneven growth of welfare in different groups of population are the processes that heavily mark insufficiency of life quality in all wide sections of the population. (4; 8)

In fact deeply human striving towards better life, higher living quality is prior to each individual and therefore to the whole society. There are no reasons to think, that life-quality will lose its importance in the future; it is the other way round, it becomes more and more explicit as most important aim in the future that is centered on person. (8; 3)

Rising of each Latvia's inhabitants different life quality aspects is set as a target of Latvia's development model "Person in the first place" (10). It can be reached, actively utilizing potential of knowledge accumulated by its inhabitants. Welfare, safety and sustainability are determined as main factors composing life quality in the model, and going in detail, several closely interconnected aspects:

- awareness and education;
- creation, science and research, innovation, ability to create and use new ideas;
- employment and material welfare
- environmental protection; usage of material and energy resources;
- infrastructure services – electricity, gas, heat and water supply, electronic communication networks, postal, transportation, waste processing services;
- balanced development of regions; human resources; health; social security; home;
- family; solidity of society; raising of democracy level;
- growing level of rule of law; physical security; privacy;
- modernization of state administration, people friendly services of state administration; involvement in processes, significance of "myself";
- openness; stability of growth (development);
- preserving Latvia's identity; culture; development and functional improving of Latvian language; usage of free time and opportunities.

In order to reach set aim, it is necessary to develop life quality aspects in a coordinated and well-balanced way, considering both integrity of actions to be taken and expansion over the

formal boundaries of own industry, institution or country, as well as keeping in mind Latvia's ties with processes in partner countries.

In October 2005, Latvia's Parliament confirmed unanimously development model as a conceptual document, that determines people oriented Latvia's development in nearest 20-30 years within the context of global development.

Material welfare of people is closely related with country economical development. Only high growth of gross domestic product is able to insure inhabitants income rapid increase - nominal and real. Last year's achievements have allowed Latvia's society to move from survival mode to development mode.

Employment, good workplaces are an obligatory prerequisite for raising of life quality level. Problem includes new characteristic mark, since the knowledge based economy and raising of productivity, provided in development model, itself do not mean an increase of good workplaces.

Education, retaining of knowledge level and further development is not anymore only individual choice, it becomes important for the development of the country according to the chosen model. Highly qualified specialists are the countries strategic potential. For each person's full-blooded involvement in processes new specific features of educational system strengthen – ability to operate with information, transition from learning to independent studies, lifelong education, symbiosis of education and work process.

Health is among each individual's top priorities during whole life, healthy society is also a fundamental precondition for existence and development of country. As a result of growing knowledge potential, opportunity to fulfill his health potential derives for each individual. Fight with causes of illnesses becomes more active, that should be facilitated by increasing understanding and responsibility about own health. At the same time the importance of social programs is not diminishing and segregation of society by material standing will remain in the nearest future.

Home as a living-space and prerequisite for existence of person in our country will remain as a basic need in any stage of society development, right for living-space is also one of most important human rights provision. But the home is not only a living-space anymore; it is also the private working place.

Each individuals sense of physical security for himself and family, for health and even for life, for self-respect and property, safety on street, at home, in school is closely related with high level overall security level in the country. Minimizing of security risks preventive activities for prevention of crimes, wide usage of modern technical tools, and at the same time, strict observing of state guaranteed human rights and security of personal live are only few aspects of inner security.

Family is the bases of our society; it has a very important role in the strengthening of solidarity of generations and society integration. Children are our society's most important value; persistent family insures natality, love, health, care within family, education for children. Strong family facilitates values orientation, passing the life aims further to the youngest generation; it also performs social protection functions in the circumstances of ageing society.

Involvement in processes, importance of own "myself" in the welfare country becomes primary, instead of survival. Psychological wellbeing of individual is closely related with involvement, subsidiarity in the management and decision making, participation in non-governmental organizations, state and private sector partnership. The base of involvement is the principle of equal opportunities and involvement, involvement of all society members, rising of life quality for every member of society. Each individual benefits, if society life quality rise is achieved.

Wholesome rest, including cultural activities, recreation, tourism and sports, hobbies, is absolutely necessary at the intense mental load that is integral part of the chosen model (8; 9. - 10.)

Finish sociologist Eric Allardt (1993) has offered to structure good life according to three basic needs of a person: to belong, to love and to be. *To belong* indicates on the necessary economical and social goods, which person can obtain and use during the life – job, income, property, home, etc. There can be added also personality resources – education, health, mental and physical abilities. These are resources of individual that he can use – it is his human capital. *To love* expresses necessity to be socially involved – in family, wider society. It is a necessity for emotional closeness, love, partnership. Care for other people and receiving of care, maintenance of relationship, managing of emotional life, are the most important for love. It provides emotional security and comfort to the person. According to E.Allardt *to be* means self-realization of an individual, recognition and evaluation from other people. (2; 88.-95.)

Functioning of a person, striving from elementary things to more comprehensive welfare includes prerequisites of complex behavior in order to develop own abilities, to rise self-confidence. Avoiding different interferences and using own resources, wider opportunities open to act and to choose own level of welfare. (12)

Person's life quality is determined by persons legal capacity, which is a sum of qualities, abilities and actions, that allow to create life and self-realization model appropriate for himself and in the preferable direction. Life quality develops in daily life. Life quality is related with setting of targets, choices and practical activity. The characteristics of legal capacity are initiative, activity, taking risk, adaptation, innovation and ability to change, sense of humor, managing of own actions etc. Legal capacity is an active mechanism of life netting that connects knowledge with practice, resources with action. Persons legal capacity is substantially influenced by education, social origin, nurturing, that changes during the life, and it is also influenced by persons experience, self-confidence, reflection and willpower. (4;19)

Performing quantity research about Latvia's population satisfaction with life quality, factors that higher or lower the sense of life quality were clarified.

The identified factors, characteristically to the people who are satisfied with the life are as follows:

- ability to set reachable targets;
- active life position, that can be characterized with entrepreneurship, initiative, purposefulness;
- flexible adaptation to obstacles;
- ability to mobilize and to use available resources, to look for new opportunities;
- social activity;
- harmony with yourself (living according to the own world perception, sense of life rhythm, values);
- optimistic view on life;
- ability to see in yourself life encouraging power.

While the factors that lower life quality or hinder its rising, are as follows:

- inability to formulate targets;
- uncertainty for life;
- inability to decide;
- lack of entrepreneurship and initiative;
- seclusion;
- pessimistic view on life;

- expecting, that others (state, accident) will help to solve the situation;
- seeing life encouraging power outside yourself. (3; 52. – 53.)

In order to live more wholesome, better and happier, it is important to discover, untie and use own resources, instead of penetration in own sufferings. These, who feel the need for own development, search for answers to the questions about the meaning of life, themselves, own future.

In nowadays world, person is required specific competencies:

- readiness to work in group in the competitive conditions;
- ability to align own personal interests with group's interests;
- ability to make decision in the time constraint conditions under external pressure;
- ability to take responsibility for the results of taken decisions.

The forming of required and actual individual, group and social competences is a central problem to the formation of modern person, which is addressed by education system, pedagogy and practical psychology. In the contemporary psychology the person is defined as living in his own surrounding reality world (K. Jaspers terminology - *Umwelt*) (24), in the world, which he perceives with his senses, where he realizes his life activities, interacting with other people and environment. S. Rubinstein points out that one has to be in the essence of the existence ...The problem of existence cognizance, setting the proportion between the cognition and the existence as an objective reality, occurs inside of person. (23) In the objectively existing world, every person has a set living space, a situation where there are a lot of problems and many solutions that could solve them, but a person has a certain degree of freedom in the choice of problems and their solving techniques. Choosing problems and ways of solving under pressure or from free will, he will inevitably enter into the social and cultural interaction with other people, making progress towards solving of set challenges and suffering losses. Contact and interaction with other people within the acting of life on the basis of positive and negative analyses results, as well as the acquired experience reflection, allows everyone to change their individual worlds image. Humor is a special emotional expression. It is a tool that helps people to adapt to the environment and helps to reduce mental and psychological stress. Humor can ease people negative emotions, eliminate frustration and pain. If a person has a sense of humor, life is joyful, many things seem painful, but he copes with the problem quite easily.

Humor is used: in order to cope with the problems and conflicts that make people feel happy, in harmony, humor reduces or eliminates the contradictions and conflicts, minimizes the alienation, reduces human depression and anxiety, helps to maintain psychological balance, creating a pleasant feeling. (6) A well-developed sense of humor helps people to reduce aggression, promotes social adaptation, protects from stress. Recently there appear more and more statements about scientific studies that prove that: for people with no sense of humor it is not only difficult to contact, but also their lifespan is shorter. (7) Practical Psychologist L.Liberte (2011) indicates that the meaning of the sense of humor is not to see and understand the comic side (funny, amusing) where it is, but to comically perceive the things, that are actually claim to be serious. Humor and games element stimulates positive changes in person:

- Reduces tension and allows to release energy;
- Smoothes affects of suffering;
- Promotes mental activity;
- Helps to address problems with creative approach;
- Allows to look at the situation from the outside;
- Simplifies perception of the problems, related to the life complexities;
- Helps to investigates "taboo" topics in a peaceful and favorable environment;

- Reveals the sincerity and abundance of feelings;
- Eases getting in contact with others. (11)

Looking at interaction of the logical structure and emotional dynamics, we can say: there occurs the situation of an incompatible content or merging of ideas in the human mind, then the sudden change from one - expected situation to another - unexpected, resulting in a sharp deceleration of worry in the form of spontaneous laughter, since the piled up energy and tightness looks for the way out. Emotions and moods that we experience directly affect our immune system. A sense of humor allows you to perceive and evaluate the reality of life and provides moments of joy and delight. These positive emotions can create neurochemical changes that will act as a buffer against immunosuppressive effect of the stress.

In his book "Stress without Distress," Hans Selye has brought to the idea that person's interpretation of the stress depends not only on external occurrences, but also depends on the perception of the event and the importance that the person attaches it. So, depending on how one sees and understands the situation, it determines the response reaction to it as threatening or stimulating. Humor gives a different view on problems. If one can get away from the situation, *it is no longer threatening*. With such isolating attitude the person feels more protected and takes control over his environment. (5) Humor lets person to think about himself, about his life values and wishes and about other people's feelings. G.Weisfeld (2006) indicates that the good-natured humor is a unique communication and conflict settlement tool. The world remains the same, but at some point we become more tolerant, loving. We think not only about ourselves. (15) The persons individual world's image develops from inconsistent images, which are rooted in childhood and are characterized by one or another degree of compliance to the objective image of the world. This level depends on 1) the notion about the individual worlds image, the reality of objects and their mutual interactions; 2) from the degree and volume of misinterpretation of the particular percepts. A person can learn, in what degree his own individual world image corresponds to reality only through practical action, making effort to solve the existing problems with the techniques that a person considers relevant to the present situation. Thus, each individual world image is the product of such persons thinking, who is aware about his way of life, and it is a dynamic formation. Each captured and conscious event in the life is a prerequisite for changes in the individual world image, as well as in the changes of life plans and their implementation methods. (17, 7)

In 1963, the President of the Humanistic Psychology Association James Bugental defined five basic postulates of humanistic psychology:

1. The person as an indivisible being surpasses himself and research of his individual expressions does not allow to understand him as a whole;
2. Human existence is revealed in the context of human relations: the person and his expressions cannot be explained theoretically, without taking into account the interpersonal experience;
3. Person is conscious of himself, and he cannot be understood scientifically, not respecting his continuous, multi-level self-awareness;
4. The person has a choice, he is not a passive observer of his existence process: he creates his experience himself;
5. The person is intentional: he has focused on the future, his life has purpose, value and meaning.

From the mentioned above there comes conclusion about necessity of special, appropriate to the *most important persons competence* self-education, that involves the persons readiness at the certain moment of life *for self-development and own activities self-organization, activity, readiness to take responsibility for own life and the life of closest ones.*

Self-actualization - a scientific term that defines the reality, truth. The fundamental characteristics of real world are variability, changes related to the activity of live beings. The concept of *self-actualization* is introduced with the purpose to classify changes, it is related with changes, that are caused by the activity of live beings. In the meta psychological level the self-actualization tendency (K. Rogers) is the trend of the depths actualization: it's a trend that permeates throughout the life in all its complexity to which the body is capable to. It is a creative tendency and ability to improve yourself, to create new, spiritual directions in the human evolution.

The first scientific concepts *self-actualization* and *self-realization* were introduced by neurophysiologist Kurt Goldstein (1878 - 1965) in his book "The body" outlining the holistic characteristics of all living organisms, emphasizing the idea that organisms evolve and become more and more knowledgeable, and that new, higher forms of behavior are developing, that change also the life of the organism. Thus, the new capacities, characterized to these higher forms, are not a simple addition to the otherwise steady neurophysiology, but - the new capacities bring changes also in the neurophysiologic operation in a way of "dialectical" assimilation. K.Goldsteins philosophically describes self-actualization as a universal principle of life. His basic idea is - the body is a united wholeness and what is happening in any part of it affects the whole body. Self-actualization is a basic and in essence - the only motive in the person's life. Self-actualization is the activities directed towards satisfaction of the needs. While the need is a condition of a deficit, that motivates person to satisfy it. When people are hungry, they actualize with the help of food, if they crave power, they actualize obtaining it. Satisfaction of any single need becomes urgent, when it is a prerequisite for all body's self-actualization.

Self-actualization is a creative trend of human nature. It is the body's development and improvement basis. For example, a clodhopper, who seeks knowledge, feels internal emptiness, feels keenly for own personal incompleteness. Reading and learning satisfies the need for knowledge, and the emptiness disappears. This creates a new person, for whom learning took up the lack of education. The wish has become a reality. Any need is a deficit position that motivates person to fulfil it. It's like a hole that needs to be filled. The filling or satisfying the need, it is self-actualization or self-realization. (1) Psycho-dynamical theories provide, that the development and growth involves in itself certain deep crisis, turning moment that can appear in the form of mental disorder, neurosis. Exactly this way existential psychotherapy describes A.Adler's *inferiority complex* Z.Freud's *Oedipus complex*, feeling of *abandonment*, *sense of guilt*, etc.. Dissatisfaction and the pointlessness of life, problem of facing the death goes ahead of identifying the need to seek "rescue" in all the world's religions. Persons activity, geared towards self-actualization does not foresee "prior conditions" of such kind and can occur either various conflicts (in the form of productive solutions) exist or not. The psychologist Abraham Maslow named philosophical, benevolent sense of humor as one of the characteristics of self-actualized person. In the daily work of school, sometimes unfortunately quite ruthless sarcasm and even ridicule prevails - as a weapon for fighting between the two warring parties. While it is so great to laugh together! It's like a friendly hug. Laughing together is one of the highest forms of human community, which is much harder to achieve than being together serious, because the first process is based on mutual trust. In the book "Motivation and Personality" A. Maslow describes self-actualization as a person's striving towards self-incarnation, towards actualization of personal potential, striving for identity. This term represents the "wholesome human development", leaving his biological nature, which is the norm for all species, regardless of place and time. (19) Another explanation of A. Maslow in the article "Critique of Self-Actualization" (1959): Self-actualization can be described as a personal development that frees person from the deficite of upgrowth problems and from the neurotic (or infantile or

imagined or "unnecessary" or "false") life's problems. Thus, a person may turn to the "real" life problems (human problems in its essence, inevitable "existential" problems), which do not have the final solution - and not only can turn towards them, but also to solve them. So the self-actualization is not the lack of problems, but the movement from transient or false problems to real problems. (13) Good sense of humor has an effect similar to medication, because it helps to successfully solve a variety of problems, even in very adverse conditions. "If our daily life will be accompanied by humor and laughter, we will have more energy, fatigue will decrease and we will not go into self-pity," said the specialist of oncology and palliative care Dr. Jaime Sanz-Ortiz Sanz-Ortiz, H. (2005). Different people and different nations sense of humor, quite naturally, differs. "A sense of humor, like beauty understanding is subjective," says the aforementioned expert. Sense of humor may be influence by the origin or education, but in any case it usually helps to build relationship with people and get rid of anxiety, tension and insecurity. There is no doubt that a sense of humor is very valuable, but how to develop it? First we need to stop focusing only on own health and other problems, and to learn to rejoice for all the good things, that are given to us by every day. In addition, we should try to think rationally, to get rid of exaggerated, unsubstantiated opinions, which only would make the everything more depressive. In order to develop a sense of humor, it is also important to learn to look at life from the other side. This does not mean that we always have to laugh or smile, but if we will learn to see the comic side of life, we will find it easier to cope with difficulties. "Fun allows us to step away from the problem in the moment and view it in a different light... , which in turn helps to deal with the problem with fresh ideas and energy, "writes H. Sanz-Ortiz. (7) Hugo Carretero Dios (2007), the researcher at the methodology of social psychology department of University of Granada has made the research whether there exist universal jokes that make people laugh, regardless of their gender, profession or cultural origin? This study, conducted by researchers Cristino Pérez Meléndez and Gualberto Buela Casal, is the first study in Spain, whose aim has been to develop a sense of humor criteria, to measure people sense of humor and to evaluate the values of humor. Carretero Dios analyzed more than 1,500 persons aged 18 to 80 years.

The study focused on the following types of humor: sexual humor, black humor, humor about men and humor about women, simple humor and complex humor. "There has been a change in the value and importance of women in our society," says Carretero Dios. People aged between 45 and 50 years pointed out that both men and women laughed more for jokes about women than for men. At the same time, both men and women in larger extent rejected the jokes about men. Trend among 18-25 years old participants was different, the men and women had different reactions. Men laugh more over the jokes about women and reject the jokes about men. On the other hand, women laugh more over the jokes about men and reject the jokes about women. Do these findings point on changes in the values of education? According to Carretero Dios – about the humor it is useful to study the prevailing values within the given society, it is also a powerful tool for identifying the cultural trends (beliefs, actions, etc.). (14) It is necessary to look at the self-actualization process not from the "abstract observer", nor from abstract "highest achievements" position and their theoretical criteria or medically - from statistical notions about norm and anomaly. This process is available for the understanding only at the person's presence position here - and - now, who is aware of reality "challenge". Self-actualization needs to be seen and described from "inside" of person's life, from his point of view as determines and deliberate choice of target. From this perspective self-actualization is a definite sequence of episodes and situations; in every situation "Me" faces specific problems accepting the challenge. During the problem-solving the person develops, evolves, consciously chooses for himself the more difficult (but appropriate to own existence - adequate to the own strength, more realistic) problems or degrades, not accepting the challenge, refusing to solve the problems or choosing

those that do not meet the persons "Self " In this case, not finding a solution in a timely manner, as a result "Me" will inevitably come to a collision with an even more complex problems, but already with other - "neurotic" nature, the solution of which will have to be enforced, and it will reduce the opportunities for self-determination will require psychological or medical help. A. Maslow emphasizes that the person should make the choice in sake of growth towards self-actualization at *any situation of choice*. It should be noted that as the result of declining to develop, the person can experience mental disorders, impairment of the individual abilities. For the person, who strives for self-actualization, certain practical acts can rouse to realize achieved the results and the resulting consequences. Acknowledgement of the situation and theoretical analysis, which is a process of self-realization, leads to the change of person's notion about himself, notion about the world and adjustments in the "life plan". (13) Roger K. defines this as a congruence. The „self”, which in the self-realization perspective can be viewed as a system of persons notions about himself, can become a real human activity "organizer" that result in changes in both the mental and physical aspect. It can serve as a basis for perception and understanding of the "self-determination". (21, 22) Realization is awareness, cognitive action. Actualization means acting as a process, as power consumption (from Latin, actus - Action), which has an important result. The concept of self-realization means thinking, action cognitive aspect, theoretical activities, the work from the internal aspect. Self-realization expresses in creation of "I concept", in correction and modification, including awareness of the "ideal Me", the image of the world and the life plan, as well as awareness of past performance results. Thus, self-actualization and self-realization are two integral parts of one single process of development and growth and as the result the person who has maximally loosen and used his human potential – self-actualized personality. *Self-actualization* is a set of subject's conscious actions, based on consciously formulated goals for himself and on developed strategy for achieving them within the self-realization process. Each self-actualization ends with a specific emotional response - positive "peak experience" in case of success, and a negative "peak experience" in case of failure. "Peak experiences" are the transition moments of self-actualization. The person is more integrated, more aware of himself and the world at his life "peak" moments. In such moments we think, act and feel more clearly and precisely. We love more and in larger extent accept others, we are freer from internal conflict and anxiety, we are more able to make constructive use of their energy. (18, 47) Many theories of person's development, including self-actualization theory does not provide ready-made answers, does not ease solving of person's life problems, but puts him in front of the existential choice, which includes two options:

1. Either person recognizes the opportunity and actively acts in sake of his life project realization, he realizes himself as a personality, escapes from internal conflicts; external living conditions are no longer perceived as obstacles or hostile interference, they become his individual living conditions and instruments;
2. or a person does not recognize such possibility and does not involve in his life project implementation; in this case, his life fades in conditions, which does not make sense, becomes meaningless. (16) A. Maslow notes such features of self-actualized persons:

- more efficient perception of reality and more comfortable relations with it;
- acceptance (of self, others, nature);
- spontaneity, simplicity, artlessness;
- focus on the task (opposite to focusing on yourself);
- a certain isolation and need for solitude;
- self-dependency, independence from culture and environment;
- continuous freshness of assessment;

- mystic and experience of higher states;
- sense of participation, unity with others;
- deep and genuine interpersonal relationships;
- democratic character structure;
- making a distinction between tools and targets, between good and evil;
- philosophical, good-natured sense of humor;
- self-actualized creativity. (19; 153. – 172.)

Conclusion

- Self-actualization is not a nonexistence of problems; it is a movement from the temporary and unrealistic problems to real problems.
- In the European culture more often as a happy is perceived not the person, who lives in poverty, but because of his lack of education does not realize it, but the individual who has set and reached rather high goals in the fields of welfare, education, culture, social status.
- In the objectively existing world every person has determined living space, *a situation* where many problems and many solutions exist, but the person has a certain degree of freedom in the choice of problems and problem-solving techniques.
- Selecting the problems and ways of solving them under pressure from or at the free will, he will inevitably enter into the social and cultural interaction with other people, making progress in the facing of challenges and suffering losses. Contact and interaction with other people during life action, actualization of sense of humour, basing on analysis of positive and negative results, as well as on the reflection of gained experience, enables person to change his individual world's image.
- Sustainable development is oriented on people; it aims to improve their living obstacles. The persons quality of life, inner harmony, education, economic and social comfort, good-natured humor are the core values in our society.
- Humor can ease people's negative emotions, to eliminate frustration and pain. If a person has a sense of humor, life is joyful, many things seem painful, but he copes with the problem quite easily.
- Humor is used: in order to cope with the problems and conflicts that make people feel happy, in harmony, humor reduces or eliminates the contradictions and conflicts, minimizes the alienation, reduces human depression and anxiety, helps to maintain psychological balance.
- Towards a knowledge-based society there is a lot to be done yet in Latvia, targeted measures should be taken to ensure that each member of society can develop according to their interests and abilities, and would be able to use these interests and abilities in today's job market, as well as to contribute to their quality of life.

References:

- Achim Votsmeier. Kurt Goldstein and Holism.- Lecture held at the GTILA – Summer – Residential – Programm BARCELONA – 1996.-
http://www.gestaltpsychotherapie.de/LAgo1_ho.pdf
- Allardt E. Having, Loving, Being: An Alternative to Swedish Model of Welfare Research// The Quality of Life. Oxford Scholarship Online Monographs, 1993, March.- P.88.-95.
- Bela B. Labā dzīve: subjektīvie vērtējumi un vīzijas. – Dzīves kvalitāte Latvijā. – 2006, Dzīves kvalitāte Latvijā.(). - R.: Zinātne. – 2006.
- Humors - <http://stresaprofilakse.lv/Humors.php>
- Humora izjūta – Pasaules enciklopēdija -
http://lv.swewe.net/word_show.htm/?449504_1&Humora%7Cizj%C5%ABta

- Humora izjūta palīdz paglābties no slimībām.- <http://www.starstyle.lv/blogs/humora-izjuta-palidz-paglabties-no-slimibam/#ixzz33QDLnWoI>
- Latvijas iedzīvotāju dzīves kvalitātes indekss. Stratēģiskās analīzes komisijas darba grupas atskaite.- R., 2006.
- http://www.president.lv/images/modules/items/DOC/item_550_Dzives_kval_indekss.doc
- Latvijas izaugsmes modelis Cilvēks pirmajā vietā. – 2005.
- http://www.saeima.lv/bi8/lasa?dd=LM0815_0#b.
- Liberte L. Smejies kopā ar psihologu .- 2011. -
- <http://puspietura.blogspot.com/2011/07/smejies-kopa-ar-psihologu.html>
- Nussbaum M., Amartya S. The Quality of Life. Oxford: Clarendon Press. – 1996.
- Maslow A.H. Critique of Self – Actualization.- Journal of Individual Psychology.- 1959.- 15.- P.24. – 32.
- Psychological Profiles Examined In Scientific Research On Sense Of Humor. - Main Category: Psychology / Psychiatry News Article Date: 18 Jun 2007 – canal.ugr.es/medios-impresos/item/download/9723 http://www.eurekalert.org/pub_releases/2007-06/udg-sro061407.php)
- WeisfeldG.Humor appreciation as an adaptive esthetic emotion. - Humor – International Journal of Humor Research. Volume 19, Issue 1, Pages 1–26, ISSN (Online) 1613-3722, ISSN (Print) 0933-1719, DOI: 10.1515/HUMOR.2006.001, May 2006
- Аббаньяно Н. Введение в экзистенциализм. – СПб.: Алетейя.- 1998.
- Бурлачук Л.Ф., Коржова Е.Ю. Психология жизненных ситуаций. – М.: Российское педагогическое агентство. – 1998.
- Маслоу А. Дальние пределы человеческой психики. – СПб.: Евразия. 1997.
- Маслоу А. Мотивация и личность. – СПб.: Евразия. – 1999.
- Маслоу А. Психология бытия. – Киев. – 1997.
- Роджерс К. Взгляд на психотерапию. Становление человека. – М.: Прогресс. – 1998.
- Роджерс К. Клиенто-центрированная терапия. – Киев. – 1997.
- Рубинштейн С.Л. Человек и мир. – М.: Наука. – 1997.
- Ясперс К. Общая психопатология. – М.: Практика. – 1997.